

Oral Dosage Form

The present invention relates to an oral dosage form for food, food supplement, and dietetics.

In the field of food supplement, dietetics and drugs the use of omega-3 polyunsaturated acids is known. Fish oil, linseed oil, cod-liver oil or the like is used to provide said polyunsaturated acids. It is known to supply said substances in gelatine capsules to control the unpleasant taste and to avoid flatulences. To reduce the risk of rapid oxidation and thereby the risk of enlarged toxicity, the oil is mixed with anti-oxidants. Rapid oxidation (becoming rancid) causes not only the development of unhealthy radicals but also reduces the durability of the products. A further problem is the risk that polyunsaturated acids are subject to undesired changes in the stomach and in the duodenum before they enter the small intestine, whereby said acids are not or only partly available in the location of resorption.

WO90/04391 discloses an oral dosage form of omega-3 polyunsaturated acids to overcome the problems of vascular diseases. It is known to supply said acids in soft gelatine capsule shells. WO96/36329 discloses to provide gelatine capsules with a coat of poly ethyl acrylate-methyl-methacrylate. The coat prevents releasing of acid from the capsule already in the stomach.

A pure gelatine capsule prevents neither the risk of changes in the structure of the polyunsaturated acids nor undesired flatulences together with its unpleasant smell.

The underlying problem of the invention is to provide an oral dosage form for polyunsaturated acids comprising food, food supplement, and dietetics which provides a longer durability for the polyunsaturated acids. Furthermore, the oral dosage form should be admissible under food regulations.

According to the present invention, polyunsaturated acids are provided in gelatine capsules. The gelatine capsule is hardened with the help of xylose. The hardening provides a retarded opening time of the capsule from about 45 minutes and more.

The oral dosage form according to the invention provides an undisturbed release of polyunsaturated acids in the intestine after passing the stomach. An unpleasant smell and flatulences are prevented.

Xylose is a well-known adjuvant in food industry which is inter alia re-claimable waste of the cellulose production. Xylose is also suitable as sweetening agent. Furthermore, xylose has a laxative effect.

Omega-3 polyunsaturated acids with a high content of alpha linolenic acid, preferred perilla oil, can be used as polyunsaturated fatty acids. Also the use of fish oil, linseed oil, and gamma-linolenic acid is preferred.

The dosage form according to the invention is very well suited for essential fatty acids of all kinds which are delicate to formation of toxic radicals. For the use of the dosage form the following requirements hold:

- peroxide value < 2,
- no advanced decomposition in the stomach or in the duodenum,
- resorption in the small intestine.

Surprisingly all these requirements are achieved with the dosage form according to the invention.

According to a preferred embodiment of the invention the gelatine capsule is filled with perilla oil. Perilla oil is gained from the oil-containing fruits of the Asian plant perilla fructuence. The perilla oil contains more than 70% of unsaturated fatty acids, in particular α -linolenic acid.

A plurality of scientific studies has proven positive effects for the metabolism of fat (metabolic syndrome) and an antiphlogistic effect in the intestine (Morbus Crohn). Perilla oil has furthermore the advantage of being almost without taste and smell.

Two galenic forms, a pure gelatine capsule and a xylose-hardened capsule, each containing perilla oil, have been tested for their peroxide value at 20°C and 45% humidity for a time period of 12 months. The peroxide value of the xylose-hardened capsule was significantly lower than that of the pure gelatine capsule and did not increase during the testing period but even decreased.

In the study 24 persons took 3 to 6 capsules à 500 mg perilla oil over 4 weeks, no nausea, no stomach pressure, or other symptoms were observed. The persons' ability to taste was not reduced.

Example:

500 mg perilla oil capsule without xylose hardening during the long term test:

	0 Months	3 Months	6 Months	12 Months
Perilla Oil / Perilla Oil mg	498.2	506.2	513.5	486.1
Perilla Oil / α -Linolenic Acid mg	260	264.2	268	253.7
Peroxide Value	2.3	2.5	3.1	3

500 mg perilla oil capsule with xylose hardening during the long term test:

	0 Months	3 Months	6 Months	12 Months
Perilla Oil / Perilla Oil mg	498.7	508.1	513.8	489.2
Perilla Oil / α -Linolenic Acid mg	260.3	265.2	268.2	255.5
Peroxide Value	2.1	2.1	1.6	1

Blister packaging was used during the long term test.

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